



FASHION:

A trendy take
on comfortable
menswear **P.16**

MUSIC:

History lives in
Paddy Tutty's
sweet songs **P.18**

CITY NEWS:

Tattoos for shoes
focus of skateboard
park fundraiser **P.19**

A photograph of artist Andrew Salgado sitting on a black metal stool in his studio. He is wearing a black t-shirt and grey jeans, both of which are splattered with paint. He has paint on his hands and forearms. The studio floor is covered with paint splatters and debris, and there are stacks of wooden planks in the background.

ARTISTIC DESTINY

A HOMETOWN EXHIBIT
BY ARTIST ANDREW SALGADO
WILL SHOW REGINA
WHAT LONDON IS LOVING **P.7**

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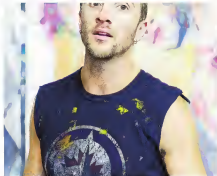
IN 2013



Sherwood
CO-OP GROCERY & CASH BACK

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ON THE COVER P. 7



Andrew Salgado, a tattooed Reggae who now lives in London, England, is returning to the Queen City for the Acquiescence exhibit of his work at the Art Gallery of Regina. PHOTO BY OSKAR PROCTOR

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MY FAVOURITE PLACE P. 5



Karen Clark makes a shot at the Golden Mile Bowling Lanes. No friends play in Regina 06 heads by Tony DUBOIS

CORRECTIONS

In the Oct. 2 issue, the Sharp Cats column contained incorrect information regarding Clark's opening date in Regina. The opening is scheduled for mid-November. QC regrets the error.

QC COVER PHOTO BY OSKAR PROCTOR

QC is published by the Leader Post — a division of Postmedia Network Inc. — at 1944 Park St. Regina, Sask. S4N 3K4.

Rob McLaughlin is editor in chief.

For advertising inquiries contact 381-6521; editorial 1-855-688-6557; home delivery 381-6522. Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

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IN THE CITY

OCTOBER 5, 2013 — 1:35 P.M.

A family event to remember



Krislyn, Ashlee and Chris Martin attach a paper flag to a yellow ribbon at the event. Krislyn is the mother of the child who died as a result of a motorcycle accident. Ashlee is the daughter of the child who died. Chris is the son of the child who died. The family is participating in the event as a way to pay tribute to a loved one who died. Money raised will go to local bereavement programs. (GC PHOTO BY MICHAEL BELL)

YOUR FAVOURITE PLACE

Where do you like to spend time in Regina? Email: QC@leaderpost.com

MY FAVOURITE PLACE

Alley is Clark's place of work and play

By Ashley Martin

At age four, Kevin Clark started bowling. He kept at it in friendly competitions with his older brother Doug. Today 46 years after grasping that first bowling ball, he still loves the sport — so much so that he's made it his full-time job.

For the past year, he's worked as the marketing manager of the Golden Mile Bowling Lanes. The alley holds a lot of memories for Clark, who made this his bowling home base as a teenager.

Q: How did you start bowling?

A: When you have three kids sports are expensive. My brother (Doug) and myself were both doing hockey and bowling, and my parents finally said "OK, you guys have a choice" ... We both decided just to continue bowling.

When you're that age of six and seven, you never really feel like getting out of five in the morning to go play hockey. We decided, "Bowling doesn't start till nine, let's have it."

We went through the Youth Bowling Circuit (YBC) from four to 16. There were six tournaments. Doug had more success than I did in the youth ranks. He was one of the top in Canada at his age. I didn't have as much success. I didn't start blossoming until I was 19, 20.

I just excelled from there, and once you start putting good at something, you want to continue doing it. And we still have, we have a pretty good rivalry. We are always competing against each other.

Q: Do you still play regularly?

A: Oh yeah. We were down at the Canadian nationals this year as the men's team for Saskatchewan. We were in Newfoundland. We had fun.

Q: What kept you bowling all these years?

A: I think it was the competitiveness that I had with Doug. We really enjoyed it and he was so good at



Kevin Clark started bowling when he was four. His favourite place in Regina is the Golden Mile Bowling Centre. *by Ashley Martin*

what he did, I wanted to get better at what I did.

Q: When did you start bowling at the Golden Mile?

A: I've been here for 35 years, but I started out at the Pines Lanes before it was torn down and a Canadian Tire went up (at Albert and 1st).

(Golden Mile) was the next centre, the staff were very very friendly, the coaching was very good. Today it's still the same. I'm not saying this because I'm one of the managers,

but it's one of the more prominent centres in the city.

I had a lot of friends that moved down here to the YBC program and through the adult ranks and you just seem to follow them.

I wanted to get better at what I did and a lot of people that were training were from out of here, so you want to go where the competition is.

Q: What do you like about bowling?

A: My favourite thing that I've liked about bowling is the friends. I've made across Canada (in tourna-

ments), there's a lot. You get to see them once or twice a year but when you do see them, you cherish those moments that you have with them. That's my favourite part, the competitiveness and bowling against them.

(At the Golden Mile) our oldest member, she just passed away before the summer, and she was 84. She was very well respected around here ... It's just a sport that anybody and everybody can play. You don't have to be athletic. You don't have to be smart. You just have to come out and

have fun. That's all you have to do.

Q: What's not like working at a bowling alley?

A: I love it. It's really good because I can teach people as I'm working. I don't have to come down on any time off and teach people. I know as many people in the industry. The sport is my job.

Q: What's your best memory of this bowling alley?

A: There's too many. It's just a fun place to be.

INVENTORY

We want to hear from you: Tell us about your local business.
Email QC@leaderpost.com

THE DRESS FORM

Stacey Lang made good use of her budding tendencies by starting a business. The Dress Form stemmed from her love of antique shopping. An avid antique shopper, she frequently finds things that were too good to pass up, even though they weren't her size. So she decided to sell them.

Since launching her online store, Lang has expanded to every corner of the globe. She has also moved up her thriving while travelling; her inventory comes from across North America and Europe.

Lang loves learning the history and stories behind her beautiful clothes and accessories. A favourite is a lace cocktail dress worn on New Year's Eve in 1962.

Find The Dress Form at etsy.com/shop/theDressForm. Lang will also be supplying the antiques

section for a new women's store, Cade, opening next week at 4809 Albert St.

1. FLURRY FLAPPER: 1920s white flapper dress from a Quebec antique store. Comparable good-condition dresses start at \$600.

2. PRETTY IN PEARLS: 1930s pearl necklace. Comparable items range \$50-\$150.

3. STATEMENT PIECE: Egyptian influenced 1940s necklace, \$40.

4. TIGHT FIT: 1940s coat with milk collar size zero from a Regina antique store, \$100.

5. TOTALLY THICK: 1940s alpaca shoes, size 6 or 7 \$60.



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LEADER POST

WHAT WOULD YOU DO WITH \$100,000?

ON THE COVER

More than any other show in my life, the Regina show was important. I wanted to make sure I got it right. — Andrew Salgado

ANDREW SALGADO

Former Regina artist renewing acquaintances

By Andrew Matte

When artist Andrew Salgado switched to oil from acrylics, he had no idea it would become an important life moment.

He had been drawn to oils for artistic reasons, but he was stunned to discover the oiliness was familiar. He was flooded with memories from his childhood and his grandmother, one of the first people to recognize his talent and offer encouragement.

"It's quite touching for me to think about that now — I always remembered that her basement had that pool bar smell but I never knew what it was called then," says Salgado of Elizabeth Kowalski, who would prepare for her grandson's visits by setting up a blank canvas beside her own work, which included landscapes, images of grain elevators and other Saskatchewan themes.

"It reminded me of this connection I have to her."

As Salgado's reputation in the art world grows and demand rises for his bold paintings that combine elements of abstract art and portraiture, he's quick to praise his advocates, like his grandmother. And that's no surprise, given Salgado grew up preferring modelling clay to playing hockey, came out as a gay teen in an often unattentive Prairie city and was raised by science-minded parents.

"I wasn't a model. I was a volunteer. I had outstanding support from my parents, my friends and family," says Salgado, who lives in London and has enjoyed recent high-profile exhibits at far-flung places like New York, Korea and Switzerland.

"That I was the black sheep, too."

Today Salgado is preparing for a trip home, where the Art Gallery of Regina is presenting *The Aqueducts*, an eight-piece exhibit Salgado believes reflects his value better than any other exhibit has.

And like most recent Salgado shows, every painting, selling for \$75,000 or more, was sold weeks before it showed across the pond.

"More than any other show in my life, the Regina show was important. I wanted to make sure I got it right," he says.

"And I think I hit the nail on the head."

The last 18 months have been a rebirth for Salgado. He recently turned 30 and believes his latest work reflects his newfound maturity and confidence, as well as sharpened skills that enable him to communicate through his art better than ever. But it's come a long way figuratively and logistically, since his days at St. Martin's LeBlond High School, his job as a waiter in Vancouver and his 2008 move to England where he earned a master's degree at the prestigious Chelsea College of Art in London.



My work has been a response to a lot of anxieties, angst, coming out when I was 19 and when I was the victim of a hate crime. The anger, the vulnerability and political aspect of that, it was a crusade through paint. —Salgado

"The work I am doing now, it's the first work that is truly my voice. It's a closer thing to say but this show in Regina is the first show I've had that is 100 per cent my voice from start to finish," says Salgado whose work is available at the art marketplace salsalgado.com.

And the art world seems to appreciate Salgado's recent maturation. His paintings are sometimes bought by collectors who place orders without seeing the work. And it's not uncommon for a gallery several thousand miles away to call and ask when the next Salgado might be ready.

"As my paintings become available, they get snatched up, which is pretty hard for me to believe. It's a little too good to be true," he says.

Media interest continues to rise, and critics continue to praise Salgado for his seven-foot-high paintings of breath, colourful figures that convey messages of anger, displacement

and everything in between.

British poet and art critic Richard Leach-Smith believes Salgado is breathing new life into the art community "At a time when painting itself often seems to be a threatened, even despised, form of artistic activity, Andrew Salgado emerges as a doubtfully skilled advocate for the medium he has chosen to embrace," Leach-Smith quite likes to say.

Art Gallery of Regina curator Karen Schommerer says Salgado's evolving technique, which he uses as a tool to communicate a message, is among the reasons he's viewed as unique.

"Usually, the focus of a painting is the subject matter. But with Andrew's work, you're very aware of every brush stroke and how the paint interacts with the brush and how it interacts with the canvas ... there is a real energy to how he applies the brush strokes."



Andrew Salgado brings an international reputation for his large-scale, colourful paintings that are a mix of abstract and figurative.

PHOTO COURTESY OF GREGG POCHTER

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The fear of failure keeps a lot of artists in tow. But the true artists cross boundaries. And Andrew is doing that constantly today. — Ward Schell

Solga describes how much work that way. A painting can be a painting on its own, but there is also a deeper message there. I am trying to get across. I look at broad issues of hatred and ignorance and prejudice. It's done in an ambiguous way."

Childhood art that hangs on a wall at the Solga home in Regina illustrates the contrasting personalities of the Solga brothers. When Andrew was in Kindergarten and Jon in Grade 1, the brothers were asked to decorate separate bits of paper as part of an after-school activity. Today, the "art" still hangs side-by-side in their parents' bedrooms.

"I ripped the head off mine and taped it back together. And then I glued in a patch of black wool," Jon Solga says. Andrew had all these even brush strokes and colours blending nicely into each other. I look back at that now and I think, 'Yeah, there were signs'."

Andrew was affected by his parents more than most, but the opposite traits in music and movies on his brother and he was never interested in sports. A baseball team manager once called a line out as Andrew was up at bat ready to swing in the opposite direction. And Andrew, the soccer player, mysteriously stood in place on the field during a game as a ball rolled past him. "That's where the coach told me to stand," Andrew said later.

But sports weren't on his radar because he was so attracted to art. His focus was friendship, and he had a personality that attracted people his brother says.

"Andy had zero to do with me with a lot of my friends. But when I'd go out to play in a basketball game or wherever everybody wanted to hang out with him. They all loved Andrew."

His brother faced challenges however, especially in the years prior to his coming out at 19.

"It was a struggle for him obviously, but it was a struggle for us as a family too. It took us a little while," says Jon, who became

a father that year and made Andrew an embroiled uncle. "He did seem to like things more personally and interactive things. I remember going to my parents when I was in high school and telling them I thought something was up. But that would have been around the time he was figuring things out for himself."

Sandra Ruszczyk says art defined her youngest son for as long as she can remember.

"All he ever wanted were his Crayolas and blank sheets of paper, but not a coloring book," says Ruszczyk. "We carried him in every art classroom was at the St. Rochwell Centre. I think he was 10 or 11 and they came to us and said that if we wanted to enroll him in the adult classes, we could."

Ruszczyk says she and Andrew's father, Regina physician Leon Solga, had their clearest view of their son a talent after he showed a drawing he created in a Grade 11 art class.

He came home at Christmas and showed that piece he'd been working on. And I was speechless. I could not believe it. I always knew he was talented and we always supported him, but I couldn't believe the talent that came out in that piece of art," says Ruszczyk of the sketch of American singer Tori Amos, which still hangs in her living room.

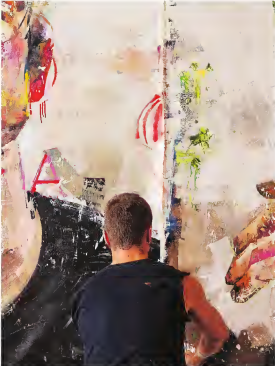
Today whenever I see a piece of art, I see Andrew."

Ruszczyk, a professor at the Regina campus of the University of Saskatchewan's School of Nursing, concedes to being a little nervous when, as high school, Andrew dismissed his parents but she should consider a less risky career than art. She still worries as good mothers of adult sons do, but less so these days.

"I remember he told me one day that people who are successful work really hard at what they do. And he said, 'I am prepared to work really hard.'"

"I told him tremendously. We're just so proud of him."

Continued on Page B6



Andrew Solga is returning to Regina for The Acquisition, an exhibit of his work that runs Oct. 9 to Nov. 22 at the Art Gallery of Regina, located on the New Regina Civic Arts Centre. He will give artists talk on Oct. 20. PHOTO COURTESY OF GUYAN PROCTOR

He came home at Christmas and unrolled this piece he'd been working on. And I was speechless. I could not believe it.

— Sandra Bassendowski



You can remember slipping soccer practice so I could go to pottery class or work with stained glass. I was just a big wet nerd." says Andre Salgado. PHOTO COURTESY OF OSKAR PROCTOR

■ ■ ■ ■

After graduating from LaBekkas, Salgado attended the University of Regina for two years before moving to Vancouver where he completed his bachelor of fine arts degree at UBC. He continued to paint while studying and working as a waiter before deciding to become a full-time artist.

He applied to Chelsea College because he wanted to experience life outside North America.

"I chose London because I wanted to get away from what I view as a North American

conception of painting...I wanted to get so far away from that as I could."

Though he didn't enjoy studying in England he loved London and what it offered a young artist.

"I think that I've become a little bit of a London snail. I think it's the greatest city in the world," says Salgado.

"It's has an edgy cultural, Bohemian vibe to it. It's not the London that most people think London is," he says of the neighbourhood of Shoreditch.

By this time, he'd been living with his partner

for seven years. Salgado met the Marlowes and RCMP incident in Regina; they moved to gether to B.C. and then to London where he now works as a business. Salgado declined to reveal details of their relationship because their professional lives sometimes overlap, he prefers to separate their careers from their love life.

They live in an apartment and Salgado recently moved to a 100-square-foot studio that gives him the space and freedom to work as large canvases. Usually working on several paintings at a time, Salgado throws wading

long hours in isolation.

"There is a part of me that is masochist. I create these eight or nine hours a day by myself completely isolated," he says. "I like my time alone. I put on my music and I'll work on my painting. It's amazing how fast 10 hours can go by."

Though Salgado's work has evolved significantly since his Kindergarten art project, he admits that his art has been fuelled by unresolved sorrows and the trauma from an attack he and his partner suffered at a B.C. music festival.

SALGADO SAYS:

I don't give a shit about sports, fashion or celebrity.
I care about art, culture, people and a good conversation.

I'm not the same person I was a year ago. And I don't want to be the same person I was a year ago. I want to move forward and do what's important to me.

I get calls from young people who tell me that I have made it. But I haven't made it because I want to be challenging myself every year.

For four years, I painted paintings of men that had a very strong political message. And I know that I lose a significant percentage of my following because of that. But on the other hand, I know that I win over some new people. That comes with the confidence.

People say 'you should paint more women' or paint something 200cm by 200cm. So it's a liberating thing to be able to do. I suppose that's me being an artistic badass.



A PRESENT FROM THE PAST: Andrew Salgado was still living in Dordrecht in 2006 when the *Leader Post* snapped this picture prior to his participation in an art competition. **PHOTOGRAPH BY BOB ARDIE.**

My goal is that walk between figurative and abstraction. It walks this fine line of duality as being figurative and totally abstract. I hope that people who see my paintings will see that, and see the layers, the beauty, the sensuous aspect to the paintings. People aren't used to reading art in a figurative way.

I hate talking about (the attack in 2006). But I admit that the hate crime contributed in some way to the person I am and the art I do.

If there is one person who was more inspiring to me when I was in high school, it was Donna Columbus. She said: 'You need to follow this. You need to take this forward.'

My relationship with paint is beyond a material relationship. It's a sensuous desire to paint and explore the properties of paint. Paint still surprises me. It has its own life.

I don't paint men because they are the object of my desire. I paint men because, as a homosexual man who was the victim of a hate crime, I think I have some important things to say.

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SPACES

Do you know of an amazing space in Regina? Tell us about it!
Email QC@leaderpost.com.

REGINA'S BEST SPACES

Yard has blossomed since owner's childhood

By Ashley Martin

WHO? Lisa Claude

WHAT? The backyard of her north Regina bungalow

WHEN? Claude moved back into this house 11 years ago. The house belonged to her parents and she grew up here.

The yard was nothing like it is today. The space was an all-dirt makeshift paradise, with cars always parked awaiting work. "We still dig up old tools and pieces out of the dirt," she says.

She wanted to create an oasis for herself and started working on the yard the first summer after moving in.

HOW? It started with little flower beds near the house and fence, which is made of wood from pallets. Claude got Wilma Georger from a friend of her neighbour and things expanded from there.

"It wasn't big enough, so it just grew and grew and every year there's a different change going on."

This year almost all of the flower beds were done in pink, her favourite colour.

"She's always on the lookout for decorative accents. The yard is full of little statues. I have frogs, fairies, well just started with gnomes the last couple years."

One special statue is of a shih-tzu in honour of her deceased dog.

Three terracotta rings will shih-tzu share and she has a fairy house, a variety of gnomes around the rock path that encircles the yard.

An old church pew offers seating and a fire pit was repurposed from an old site.

The space is a constant work in progress. Claude wants to finish the back end of the yard, which is currently an all-mess of grand children's toys. She'd like to tear down the old porch and get a storage shed. She is uncertain whether to install a gazebo or a swimming pool as the next step.

WHY? Even though maintaining a large yard is a lot of work, it pays off when Claude can relax down and write poetry on her favourite bench in the shade of the giant trees.

"It's just relaxing."

QC PHOTOS BY BRIAN SCHLOSSER



SPACES



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The City of Prince Albert with a population of 35,000 is located in the forest valley of the North Saskatchewan River near the geographic center of the province where the signature peaks of the south and the rich forest belt of the north meet. Prince Albert is a major economic center and regional market area for 100,000+ people in central and northern Saskatchewan.

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★ REGINA FASHION

Joey Kuntz: Relaxed and refined

By Ashley Martin

Comfort is key for Joey Kuntz, but too much of a good thing can be bad for you.

As owner of JJ's Optical Gallery, he's always on his feet. He is always encouraging his customers to have fun and get out of their comfort zone when wearing new glasses. "I joke around with some clients saying it's not what you put on, but what you can pull off."

He has the same approach to his own wardrobe. Of course, working six days a week, feeling relaxed is a priority. "It's just about feeling comfortable with yourself and dressing in a way that makes you feel confident. That's it," says Kuntz. "And just take a little time to put things together. It takes just as long to look good as it does to look bad."

He sticks to a standard formula of jeans, boots, dress shirts and ties for most occasions. "It's not much different than this, unless I'm performing."

1. **HAT:** Custom leather Tobey by English milliner Jill Campbell. "It was dumb, but I was laughing; leather Tobey. She does beautiful stuff. After about a week, 10 days, she had it in the mail."
2. **GLASSES:** JJ's Optical. "It's not just a medical thing, but it's what people are seeing. It speaks a lot about the person."
3. **JACKET:** From his girlfriend.
4. **SHIRT:** Perry Ellis.
5. **VEST:** Vintage. "I fell in love with this thing because of the buttons. Scottish thistles."
6. **WATCH:** G-Shock. "I've become a fanboy about the G-Shock because they're durable. They're more reliable and they'll be with you longer than most of your friends. You wouldn't wear them to a formal occasion, but at least you can beat the tar out of them and not care."
7. **BRACELETS:** "I had a little girl come into the office and she says, 'You wear an awful lot of jewelry for a man.'"
8. **BOOTS:** Online. "[My girlfriend] got tired of me doing inventory for my boys, my wallet; she said just get a man purse. It's actually a Rotondo Ammo bag, \$8 and it's rugged as all hell."
9. **JEANS:** Monarchy.
10. **SHOES:** Stone Island.



"It takes just as long to look good as it does to look bad," says Regina Quinlan owner Joey Kuntz. QC PHOTO BY TROY PLUMER

NEXT WEEK: What tips or advice can you offer other parents on potty training?
Email QC@leaderpost.com

Q PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

How do you ensure quality time in your family?



"(When) I come home from work, I work in the subject in northern Alberta so when our first is home (he's) my consistent special time." —Adam George

"Any time that we are together as a family is quality time, whether it's just sitting down to a meal together, watching a movie or going for a walk. It's important to make time for the family as everyone has such busy schedules." —Celia Gormezano

"Tip on the kids' parent!" —Paul McNeil

"Ensuring quality time in our families is difficult but important. We take our kids out on camping trips much every weekend from May to September, which really helps ensure the time we have to spend is quality. Every night we try to not suggest a family so that we can check in with each other. My weekends are reserved already for my kids and activities with them all year round!" —Michelle Goodrich

"We love watching movies in our bed! We all sit together! Love that time!" —Leslie Howard

"Make sure nothing else is allowed to get in the

way — other people can wait. Family is the only family one ever gets. As for work, ensure that it's there before a family event, so one can devote time and attention to family." —Lori Beach

"It takes a bit of planning whether it would be movie night or going somewhere. But the key is that you just make the time. You need to commit. The phone is not your family; it's more important than anything. We set the example early that regular time spent together is a part of a normal part of our life." —Alicia Carraschuk

"We take board games and do regular movie nights with popcorn and tea." —Aimee Zick

"Supper is always around our supper table, we try to involve everyone in the meal from what to have to cleaning up. Movies and popcorn with cuddling, along with awesome holidays are family oriented." —Jacqueline George-Hawthorn

"Taking together as a family is our favorite time to check in with each other. We have so many good laughs and many interesting discussions. The supper table is a no phone zone!" —Jenna Meyer

Attention Literacy Coordinators!

Make a Reader Reading application

Application

Deadline:

October 31, 2013

We invite your organization to apply for funding from the 2013 Leader-Post and The StarPhoenix Raise-a-Reader campaign. The Raise-a-Reader program raises funds and awareness in support of family and children's literacy programs in Saskatchewan.

Raise-a-Reader funds raised at numerous events throughout the year are now available to support the important work you do: helping parents and children develop strong literacy skills.

Funding application forms are now available on the Saskatchewan Library Network website.

(Click on the Raise-a-Reader logo for forms & information)

www.sk.literacy.ca

For more information please contact
Saskatchewan Library Network
Phone (306) 754-1854 or 1-888-511-2111
email marilyn.stearns@sk.literacy.ca



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MUSIC

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BRITISH FOLK MUSIC

History lives in Tutty's sweet songs

By Ashley Martin

Many songs tell a story, but few are so epic as Paddy Tutty's.

Even though some of the traditional air ballads she sings have appeared in 11 series, the Saskatoon folk singer doesn't have a problem remembering the lyrics.

"We learn the story and at least it's logical," she says with a laugh. "And actually many of those ballads are from oral tradition, so they were always sung without having a lyric sheet or anything, they were told like stories."

In some ways, she agrees the songs for her are harder to learn than ballads just because they don't tell a story and they're not necessarily logical.

Tutty graduated to traditional British folk decades ago, the music of her ancestors who had from England, Ireland and Wales.

And in 2010, when she began researching her family's genealogy, music and history collided.

"I was kind of in that headspace of 1860 and looking at all these old records online. On one hand I'm doing all this genealogy and on the other hand I've been playing all this music for ages, but some of it kind of hit home a lot more."

But it was a Jess Mitchell concert, and not a history review, that offered Tutty her first introduction to one of her favourite instruments: the fretted dulcimer.

Years ago, "I was at the last row of the front balcony in TCG Place, which was called the Centennial Auditorium at the time, and seeing Janet Mitchell and she had a dulcimer!" It sounds like a lighter sound, higher-pitched guitar, but it is played on the lap.

The dulcimer is sweet-sounding, sometimes like a mandolin, sometimes like a guitar. And guitar is always an standby.

Tutty's old style met new technology for the first time in recording her latest album, *The Last Hildesheim*, with engineer Paul Gidley. It was released



Saskatoon folk artist Paddy Tutty plays her sweet, sounding concertina, made by Charles Johnson in England in 1894. BRIGGS PHOTO BY WENDY HODGE

this month.

It's her sixth album, but her first done digitally. She had recorded in analog with producer Ian Toshitsugu 18 years ago and has been collaborating with other musicians in the time since.

"Do you remember old analog? No one

does. Analog was recording on a metal magnetic tape, two-inch magnetic tape, with different channels."

As technology has changed, so has Tutty's approach to the music career she started in the early '80s.

"I'm not 30 years old anymore," she says. "I had a lot of blind audition

when I started doing this too. You're just going to and you just do it. I did that probably for 30 years, that kind of anything. 'You'll play anywhere, I will go and get \$50. The problem is I was 60, 30 years ago, it's still 60 and that's not what the cost of living is anymore."

That said, she plans on getting around Saskatchewan soon. You can catch Tutty at Saskatoon's The Basement on Nov. 3 as she opens for David Bogg.

She's due for a show in Regina too, though nothing has been scheduled yet.

CITY NEWS

KICKED OUT FUNDRAISER

Tattoos for shoes focus of park fundraiser

By Andrew Matto

Regina tattoo shops, massagers and skateboarders are joining forces next month in a unique fundraiser for a new indoor skateboard park for the Queen City.

The event, called 'Kicked Out', is slated on Nov. 8 at The Exchange and runs about after Regina's indoor skateboard park was demolished this summer.

And since the skateboard community often overlaps with communities of musicians and tattoo artists, this combination racket/rock show was organized.

"It's a great cause. And since a lot of people who work at tattoo shops are skateboarders or at least have a lot of skateboarders that sort of thing make sense," said B.J. Zeigler, a tattoo artist at Regina's Planet Carnies.

The focus of the event is an auction of World of Warcraft-themed shoes, which Zeigler has coordinated among Regina tattoo artists for showcasing. Each participating artist has been given one pair of plain white VANS and asked to turn them into custom-painted shoes in time for the Nov. 8 event.

"I'm probably going to do a Japanese influenced thing that make it fit a North American theme. That is what a lot of my stuff usually winds up looking like," said Kevin Leigler, a tattoo artist and owner of Tricentral Tattoos.

The Regina Plaza-owned park was collapsed as part of the demolition of the Heritage Building to make way for the new Redford station. The city had contributed \$20,000 a year in funding for the Heritage Building facility and has pledged to support in helping find a new location with \$500 Regina, the group of skateboard enthusiasts leading the fundraising effort.

\$500 Regina's Noel Wendt, who says a new park will cost more than \$300,000 a year in operating and lease costs, is currently looking for a space to accommodate a skateboard park has been frustrating.



Zeigler (left) who owns and operates Tricentral Tattoos in Regina, and Alexia Tietjenbach (above), an artist who works at the shop, will participate in a fundraiser where they'll auction off \$100 and design custom graphics for donated shoes. The shoes will be auctioned off 'Kicked Out' on Nov. 8 to raise money for a new indoor skateboard park. (COURTESY OF B.J. ZEIGLER)

"We had a lead on a place but that fell through. Real estate in Regina is crazy," said Wendt, who also owns and operates a local skateboard shop The Tiki Room.

Wendt says finding space in the city's low vacancy market is especially tough because a skateboard park needs at least 6,000 square feet and 15-foot high ceilings. It also needs an open space where structural posts won't pose a danger to skaters.

"We were fortunate to have the space at the Heritage Building for as long as we did," said Wendt, adding he holds no animosity toward the city for not working harder to find a new location. "It would be nice if they built us a new building or something, but I understand that they got lots of requests for funding for all sorts of groups."

Wendt leads the organizers of Kicked Out, which will help fund

costly but also surrounds the estimated 2,600 Regina skateboarders that \$500 Regina is still at work.

"Every little bit helps but it also helps out from an awareness point of view."

Kicked Out will feature performances by Regina rock bands Digital Dismay, Beto Out and Circles and Revolution. Tickets are \$20 and can be purchased at Planet Carnies, 5414 11th Ave.



OUTSIDE THE LINES

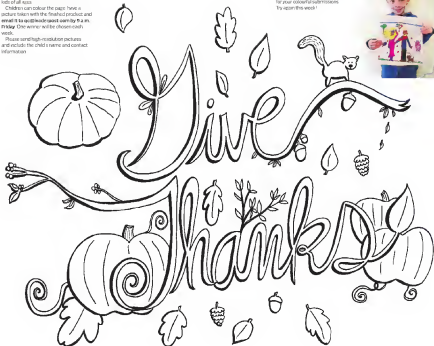
Colouring contest

Each week, artist Stephanie McKay invites a timely illustration contest to please lots of all ages.

Children can colour the page, have a picture taken with the finished product and email it to steph@leaderpost.com by Friday. One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.

Last week's OC colouring contest winner was **Thylen David**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



WATCH FOR IT IN
INSIDE GREEN
 OCTOBER 10TH
Mosaic

ON THE SCENE

See more On the Scene photos
at Facebook.com/QCRegina.

INDIA SUPER NIGHT



For 32 years, the India Canada Association of Saskatchewan has supported charity through culture with its India Super Night. Held Oct. 5 at the Concord Arts Centre, the evening included a cocktail hour, dinner and watch from two special guests: Lt.-Gov. Vaughn Solomon Schofield and federal Minister for Multiculturalism Jason Kenney. More than 500 people attended the dinner, which raised over \$40,000 for Big Brothers of Regina.

1. A view during cocktail hour
2. Jocelyn and Ganna Solovik
3. Kembra and Jaime Garcia
4. Lisa Seligso and Bharat Prasad
5. Meghan McGeehan and Katya Peterson
6. Jennifer Nakonechny and Lianne Dupont
7. Jennifer and Raja Bhargu
8. Jo and Hansa Rani
9. Rita Khosler, T.J. Grewal and Geeta Sani
10. Charlene Looze, Matthew Norman and Cheryl Olsson
11. Ethel Strachan, Brenda Smith and Dawn Buchanan
12. Meneksha (left) and Tanish Marajha (bottom) and Neel Verma (right)

QC PHOTOS BY MICHAEL BELL

ON THE SCENE

If you know of an event we should attend,
email QC@leaderpost.com.

#INDIA SUPPER NIGHT



ASK ELLIE

Cheating woman deceiving no one but herself

Q: I recently cheated on my boy friend of five years, and a guy I knew for 10 days I fell stränge about, because I was very interested in this new guy who pursued me.

He left for work about 1:00 miles away. He says he's coming back for work in a few weeks and wants to see me.

I'm almost positive this guy said he was a really nice guy and I was back to that desk, steady place again.

But I do want to see him face to face. I want to be friends with him, but I don't want things to get complicated by having sex with him every time. How should I handle this?

Boaty in Maine

A: Are you trying to fool me, or just yourself? Or, play two sides by fooling your boyfriend, too?

You've expressed no remorse/regrets about cheating on him, just upset at thinking you were used. You're also faking your desire to see Boaty Man again as seeking friendship.

Ask Ellie



Get honest with yourself. You know he's just want another quick hit, and you're making a long relationship to go that route again.

This choice shows on both sides, unless you. It's not this as a sign that you don't want to be with your boyfriend any longer and break off clearly or it's then accept being a booty call, as a single woman who clearly is still attracted to this guy.

Q: My common-law partner of five years and I are both 58. He owns the house, pays the mortgage and bills. I pay for groceries for us and his teenage daughter, and the heating bill (about half) for the property.

I feel that's a fair share since only his name is on the property.

He feels I should pay more per month (though my income's significantly lower) and that it's a privilege to live here. But he'd be paying all his bills if I weren't here.

What's Fair?

A: If common-law rules in your jurisdiction allow you a share of the house or support if you split, that's a financial factor to consider. Talk to a financial advisor once you know the legal facts.

But FIRST, look closer at the relationship. His money goes apparently, since he covers most costs. More overreacting as his "spidee" comment: you're either both lucky to be together or not.

Q: The only known my boyfriend for two months and we started dating almost a month ago.

He has all the qualities that I appreciate in a partner, however, I'm slightly put off by his extreme religious views. I explained to him pre-

viously (before we dated) that I'm spiritual rather than religious.

His gross up is a strict religious household and has decided to return to his faith. Although I have no problems with his religious views, I feel as if I'm getting pressured to convert to his faith.

He's decided to implement "rules" of being his girlfriend, which includes some sacrifices, expectations, etc.

Although we talk about this all the time, and he continuously tells me there's no pressure, I feel it's becoming too overwhelming.

I also realize that we put into a relationship quickly before truly getting to know one another.

He's an amazing person, but I'm afraid that his extreme religious views would affect our relationship. I'm starting to doubt the long-term of our being together and wonder if I should put out things before it gets too serious.

Stressor rolled

A: Really check this ARE being

pressured to convert. This will come until you agree to do so.

The "rules" will get stricter, because you're dealing with extremist views.

(Note: I do not know which faith he follows, but "extremism" in any faith calls for strict adherence, and often involves constant checks and monitoring of the believer's compliance to ensure that you're not stray- ing.)

Unless you had voluntarily decided to embrace his faith, it'll never- theless and will consume much of the relationship.

Realize the quickly. The longer you leave it, the more hurt and affronted he'll be, because he'll feel you're rejecting his faith, not just him.

Be diplomatic but firm. Say that you don't have such other long, or not, and you realize he needs a new partner in his faith, which you can never be.

If he persists, cut off contact. This was a rash relationship and you need to cool it down.



Next week in QC

Whether teaching or performing, it's all about creativity for FadaDance's three founders

EVENTS

MUSIC

Wednesday, Oct. 9

Wednesday Night Public Sound Tracks for Social Musics
Buckingham
3304 Dewdney Ave.

June Night
Every Wednesday
McElroy's, 2328 Dewdney Ave.

Thoughtful Hands
Creative City Centre
1638 Hamilton St.

Papa Roach
Pump Up the Louge
3554 Dewdney Ave.

Anchorage
The Club on the Exchange
3631 8th Ave.

Center Power Jazz Quartet
The Lancaster, 4529 Gordon Rd.

Thursday, Oct. 10

Leaf Vibebeats
The Artful Dodger
1631 10th Ave.

More Laborsome
The Pump, 641 Victoria Ave. E.

The Mo'Niques, Louisa Distract
O'Hanlon's, 1947 Seventh St.

Jon and Roy
The Exchange, 3631 8th Ave.

David Cassidy
Casino Regino Show Lounge
1880 Saskatchewan Dr.

Big Chill Friday
The Lancaster, 4529 Gordon Rd.

BA Johnson, Flat City
O'Hanlon's, 1947 Seventh St.

More Laborsome
The Pump, 641 Victoria Ave. E.

The See in Oh Seamus,
Katie Rix, Val Harris
The Exchange, 3631 8th Ave.

Saturday, Oct. 12

Jo Dee Marvinna, Beverly
Mo Hood
Casino Regino Show Lounge
1880 Saskatchewan Dr.

More Laborsome
The Pump, 641 Victoria Ave. E.

Dan Slijper
The Lancaster, 4529 Gordon Rd.

Sunday, Oct. 13

Tesseract, Fozzy, Soak the
Sunbelt, Ancients
The Exchange, 3631 8th Ave.

Tuesday, Oct. 15

Jan night
Every Tuesday, 8 p.m.
Records, 2327 Park St.

Tenors, Counterparts, Power
Thip, Cooresopels
The Exchange, 3631 8th Ave.

Joe and Jack Palford
A True Team: Sculpture and
Saw, 8 p.m., State Gallery
3070 Halifax St.

Lords Kinsmen, Jeremy 2
Progers
O'Hanlon's, 1947 Seventh St.

ART

Coming into View: Honouring
the Professional Native
Indian Artists Series

Work by Joseph Sanchez
and Alex Jemerit. Two original
members of The Professional
Native Indian Artists' Soc. are
known as The Indian Circle
of Seven, are complemented by
the works of eight other artists.

Oct. 12, 10:30 a.m. - 5 p.m.
State Gallery, 3070 Halifax St.

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State Gallery, 3070 Halifax St.

Oct. 12, 10:30 a.m. - 5 p.m.
State Gallery, 3070 Halifax St.

Zane Wilson
UNIT Oct. 19, Myerka Gallery,
2126 12th Ave.

Galeries Canada-Leslie: Behind
the Light

The exposure of hand held
lenses creates photographs
imagery that is photorealistic
and modern.

UNIT Oct. 19, State Fine Art
Gallery, 3070 Halifax St.

Janet Macpherson: Decoy
Toronto-based artist finds im-

prints in her Catholic upbringing
and renderings of biblical
scenes in oil-past figures.

UNIT Oct. 19, State Fine Art
Gallery, 3070 Halifax St.

How to Make a Masterpiece
UNIT Oct. 20, Sask. Telerec.
Centre, 2903 Power House Dr.

Reinvented
UNIT Oct. 20, Maple Gallery,
Creative City Centre,
1638 Hamilton St.

Zine's Gallery: The Sub-
attitudes and the Absence
UNIT Oct. 27
Dunlop Art Gallery - Central
Branch, 2310-10th Ave.

Black Museum: Stories from
the RCMP Crime Collection
Inspired by Scotland Yard's
notorious Black Museum of
British Crime, explore some
of the more inhuman and
chilling pages from the RCMP
National collections. Including
evidence gathered from some
of the most infamous cases in
Canadian history.

Oct. 7-30, RCMP Heritage
Centre, 5907 Dewdney Ave.

Andrew Seligso: The Ap-
ocalypse
Seligso's paintings explore
miscegeny and identity
through assemblage, pastels,
and loosely large-scale figu-

re images, fusing between
realism and abstraction.

Oct. 9-Nov. 23
Art gallery of Regina, Neil
Ballouf City Arts Centre,
3470 Maplehurst St.

U of R Masters of Fine Arts
Graduating Exhibition

UNIT Nov. 20, Macdonald Art
Gallery, 3470 Albert St.

Greatest Hits: The Jazz Ten
of Canadian Art
UNIT Nov. 20, Macdonald Art
Gallery, 3470 Albert St.

Disavow Our Communities
Together
UNIT Jan. 3, Macdonald Art
Gallery, 3470 Albert St.

The Professional Native
Indian Artists' Soc.
UNIT Jan. 12, Macdonald Art
Gallery, 3470 Albert St.

The Artists of Scott Macdon-
ald Fine Arts
New exhibitions quarterly
UNIT July 21, 2013, Regina Cen-

tre Crossing, 1620 Albert St.

Academy Art
UNIT Dec. 20, Open Tuesday
to Friday 10 a.m.-5 p.m.,
Saturday 10 a.m.-5 p.m.

Newcomer Gallery
2166 Albert St. Open Tuesday
to Saturday, 10 a.m.-5 p.m.

COMEDY

Comedy Ignition
UNIT 11 p.m.
Compass Arts Centre

Comedy On
Every Saturday night
Gallions, 3330 Dewdney Ave.

THEATRE

Midweekers Night's Dream
Oct. 11, 7 p.m.
Compass Arts Centre

Tuesday... A Postcard Play
Oct. 11, 7 p.m.
Weekly shows until Dec. 21
Appalachian Drama, 1010, 1115
Broad St., lower level

SPECIAL EVENTS

Gender and Justice: Where
Are We Now?
Panel discussion with Daniel

O'Donoghue (SUSC) and
Cassanova (Osgoode) / Indigenous
Healthier Health Research
Centre) and others.

Oct. 9-9 p.m.
U of R Classroom Building 1B

Gender and Justice: Where
Are We Now?
Panel discussion with Daniel

O'Donoghue (SUSC) and
Cassanova (Osgoode) / Indigenous
Healthier Health Research
Centre) and others.

Oct. 9-9 p.m.
U of R Classroom Building 1B

Fire on Ice
Author Grant Davis's book
celebrates poetry

Oct. 9-9 p.m.
The Lancaster, 4529 Gordon Rd.

Marie's Bookshelf
U of R, 10th Floor
Oct. 10, 4 p.m.

U of R Centre for Kinship
Health and Sport

Dine's Night Out
A fund-raising evening of
entertainment and comedy
for women.

Nov. 8, 8 p.m.
Casino Regino Show Lounge
1880 Saskatchewan Dr.

Her's Hockey
U of R, 10th Floor
Oct. 11, 7 p.m.

Compass Arts Centre

Regina Pats vs. Vancouver
Oct. 11, 7 p.m.
Bancroft Centre, Bancroft Place

Her's volleyball
U of R Institutional
Oct. 11, 10 p.m.

U of R Centre for Kinship
Health and Sport

Therapist
Stories, songs and rhymes
about the therapeutic craft.

Oct. 12, 2-4:30 p.m.
Central Library, 2301 12th Ave.

Saskatchewan Roughriders
vs. Edmonton Eskimos
Oct. 12, 3:30 p.m.
Mosaic Stadium

Her's Hockey
U of R, 10th Floor

Oct. 12, 7 p.m.
The Coopers Centre, Bancroft Place

Regina Pats vs. Brandon
Oct. 14, 3 p.m.
Bancroft Centre, Bancroft Place

NEW MOVIES

Macbeth Kills
Macbeth is conscripted by
the president himself in order
to fund down a nuclear
revolutionary and an eccentric
Billette arms dealer who
has hatched a plan to spread
war and anarchy across the
planet. Directed by Robert
Rodriguez.

Captain Phillips
Thiller
An examination of the 2009
hijacking of the U.S. container
ship Maersk Alabama by a
crew of Somali pirates. The
film focuses on the relation-
ship between the ship's
commanding officer, Capt.
Richard Phillips (Tom Hanks),
and his Somali captor,
Mase (Barkhad Abdi).

Demon & Juliet
Drama
Written by Stephen King, a
tale of two teens, a young
man and a young woman,
who find themselves in a
relationship that is both
dangerous and deadly.

Oct. 12, 7 p.m.
Bancroft Centre, Bancroft Place

Galaxy Cinema
420 McCarty Blvd. N.
304-322-9608

Cineplex Odeon
Southland Mall Cinema
3025 Gordon Rd. 306-585-
3303

Regina Public Library Theatre
2301 12th Ave. 369-777-8334

Kramer films
2902 Powerhouse Dr.
304-522-6439

Winkoo Cinema
Golden Mile Shopping Centre
3005 Albert St. 360-375-5350

SHARP EATS

DINNER FOR ONE

Zucchini Eggplant Lasagna is a healthy alternative

By Jenn Sharp

I've embarked on an eight-week nutrition challenge with a group of "boot camp friends." Like all challenges worth doing, it's easier said than done.

In this case, we eliminate basically everything: sugars, dairy, wheat, legumes, starchy vegetables, high sugar fruits for two weeks, then add in a new food group each week. We'll keep track of our energy and weight levels, along with how our body reacts — both to the two-week detox and to the new foods. It's amazing what your body will tell you if you listen to it.

The problem, for me at least, has been finding "challenge-friendly" dinners that also hit the comfort food craving that inevitably arrives with fall. Hence, my take on the cheese pasta and cheese lasagna dish. This version was adapted from my last camp instructor, Regina Courtney's recipe.

I don't measure a whole lot when I cook. I like to throw in whatever feels or looks right and taste as I go. I've tried to give accurate quantities for the ingredients but if you're unsure, add a little more or a little less to suit your own taste.

I like many others also have the challenge of cooking for one. In a past column, I spoke about dining out alone (which I love and do often) but this time, it's devoted solely to cooking for one.

This recipe makes a big pot of lasagna, but that's the goal. Now you have leftovers and you can freeze individual portions for quick lunches or dinners. Plus, if you had a surplus of zucchinis or eggplants in your garden, this recipe is a great way to use them up.

This dish is packed full of vegetables — it can get many ones cooked but the zucchini and eggplant give it a nice, dense texture. But it stands for at least 10 minutes after you take it out of the oven. Both cheeses are allowed on our menu for this challenge so I topped my lasagna with good cheese crumbles — you can do as you please and use grated Mozzarella or Parmesan.

The prep time on this is about 30 minutes, then it needs to bake for almost as long as it's definitely not something to whip up after work when you're starving. However, I find cooking to be very therapeutic — a nice way to unwind after a long day. So when you have the time and the energy, it's definitely worth the effort.

Are you cooking for one? What are some of your favourite recipes? I'd love to hear them.

jsharp@leaderpost.com or Twitter @JennSharp



The perfect fall comfort food. This lasagna is full of vegetables and flavour. QC PHOTO BY JENN SHARP



Fresh Saskatchewan Farmers' Market produce. QC PHOTO BY NICOLE LEBLANC

Zucchini Eggplant Lasagna

> 500 grams ground chicken or turkey (you can also use extra lean ground beef)
> 1 tbsp. Three Prayers Canola Oil or olive oil
> 2 medium zucchinis
> 1 medium eggplant (I like the long, thin one very much you can cut smaller ones)
> 1 large white onion
> 1 green pepper
> 2 cups mushrooms
> 1 to 2 cherry parmesan, instant (garlic powder works too)
> 1 can tomato paste (16 oz)
> 1 jar tomato sauce (1 litre FC Store Mince is made and best) sauce — if you have any ripe tomatoes left, chop them up and add them in as well
> 1 to 2 tbsp. fresh or dried basil, oregano, dill (optional)
> 1 cup fresh ground pepper
> 2 tbsp. sea salt
> 7 tbsp. (160 grams) Ancho Reyes cheese

> 2 eggs
> 3/4 cup past cheese
> Grated Parmesan or Mozzarella cheese

METHOD:

- Preheat oven to 350 C.
- Cut zucchinis and eggplant into thin slices, set aside. Finely chop onion, green pepper and mushrooms.
- Add onion and half the garlic to a frying pan heated on medium with Canola Oil or olive oil. Heat until onions begin to brown slightly, then add green peppers and mushrooms. (You can also strain the green peppers and mushrooms in a mesh pan with 1/2 cup of water while the onions cook, then add it all together.) Remove vegetables from pan and set aside, covered.
- Add meat to pan with the garlic you set aside. Cook until browned evenly through and as pink remains. Don't overcook. Add vegetable, along with herbs, pepper and salt. Mix thoroughly.

- Move entire mixture to a Dutch oven or soup pot and keep at low heat. Add tomato paste, tomato sauce and fresh tomatoes. Mix thoroughly and allow to simmer while you prepare the cheese.
- Strain jar of Ricotta with two eggs in a mesh bag. Grate the cheese you'll be using for the top or have your past cheese ready. (I find it works best if I set up an assembly line for the lasagna layers. Have your pot of chicken and veg nearby, the pan and the bowl of cheese on the other side with a soup ladle and spatula nearby.)
- The chicken/veg mixture is your first layer in the pan. Follow that with a thin coating of the Ricotta cheese, then layer the eggplant and mushrooms to cover the cheese mixture (this is your middle layer). Repeat. Top it all off with your cheese of choice.
- Bake covered, for 30 minutes. Remove (it should bake the another 30 to 35 minutes. Let stand for 10 minutes before you dive in. Enjoy!

WINE WORLD

ROBERT MONDAVI

Let's stop all the hating with a Riesling for all ages

By James Romanow

Riesling is one of those wines that gets a respect. No one hating wines over the age of 60 is allowed to drink it without comment. And even then, it's likely somebody will make a face behind her back.

To remedy this egregious error, some vintners in hot countries like California and Australia have taken to harvesting their Riesling a little less ripe than the fine line like. The resulting wine tends toward a citrus profile that is sufficiently dry for most modern fine and varietal Riesling addicts, at least a little bit.

My only beef with this plan is that the above mentioned countries are rather addicted to wine that cost more than Germany charges for the stuff. Some of this supply and demand — besighted forces who don't know any better etc. — but at least a part of it is foolish. At some point, probably sooner than I can imagine, the tale will have again.

In any case, Robert Mondavi, a half-century producer, acquired some property on the Central Coast that is being devoted to cool climate grapes. The place has a relatively unimproved Riesling here in the style beloved by fashionableists. I discovered the style, although I prefer the more traditional Rieslings out of Germany, the Alsace and Canada.



The bouquet is a bit Ford, and the palate quite tart with good citrus flavors and a touch of more exotic fruits that make me wonder if they cooled 10 per cent of the crop and blended it in. Regardless of the varietal, this is a nice crisp wine that will appeal to any number of people well under the age of 60.

Robert Mondavi Private Selection Riesling, USA, \$11, \$12, ***

More wine in Monday's paper and on Twitter @jbrmon

Crossword/Sudoku answers

JOB	AFLAC	INTEL
AAA	CUOMO	NEHRU
RT	JOHNSON	TWAIN
SHAKE	ENFLEING	
ESP	EURO	
SIAM	AWARD	DJMS
KTCOURT	ANNUAL	
USA	MANIACS	RIO
AORTAS	ORAMONE	
SNOW	AUSST	ONES
GLB	CAP	
KCA	FLICKR	WEAVE
NARAL	ROMASSIS	
UTICA	LOUES	ALP
TENET	DEATH	PEN

8	9	2	4	3	1	5	6	7
5	7	3	2	9	6	8	1	4
6	1	4	5	7	8	9	2	3
3	5	8	6	1	2	4	7	9
7	2	9	3	5	4	6	8	1
1	4	6	7	8	9	2	3	5
9	6	5	1	2	3	7	4	8
2	8	1	9	4	7	3	5	6
4	3	7	8	6	5	1	9	2



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